



Fall Creek Falls

Activities

July 7th – 14th

Welcome to Fall Creek Falls State Park! Summer vacation time is here and what a great place to spend it! The park provides a wonderful opportunity to enjoy some hiking, picnicking, boating, swimming, and wildlife watching while taking in the beautiful scenery. We encourage you to take advantage of the programs we have arranged for your enjoyment and enlightenment.

***A parent or guardian must accompany youngsters 12 years old and younger.**

***Some craft programs may be limited to 30 participants due to limited supplies and space. First come, first serve.**

Matt Brown – Park Ranger II
Robert Becker – Park Ranger I
Jon Morris – Park Naturalist

Henry Thompson – Seasonal Interpretive Ranger
Theresa Wheeler – Seasonal Interpretive Ranger

Sunday, July 7th

- 8:30am **Devotional** – Randy Garrell will be hosting an interdenominational devotional at the Campground A Pavilion.
- 9:00am **Park Beautification with Americorps** – Meet the Southern Region Americorps team at the Nature Center to assist with a park beautification project! Bring work gloves if you have them.
- 9:30am **Hopscotch** – Meet Theresa outside the Rec. Hall for a game that has been around for a long time, and let's all have some fun.
- 10:30am **Use Good Senses** – Meet Theresa at the Rec. Hall and use all your good senses to figure out today's item inanimate object.
- 2:30pm **"Hey There, Boo Boo!"** – Meet Theresa at the Rec. Hall for some information about the black bear. Although we don't have a known population of bears here at Fall Creek Falls, occasional sightings in the area do occur.
- 3:30pm **Cornhole Tournament** – Meet Theresa at the Rec. Hall to play a fun game of cornhole.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.

Monday, July 8th

- 9:30am **Oh Deer!** – You see them all the time here all Fall Creek Falls. Meet Theresa at the Nature Center to learn about Bambi and his family.
- 10:30am **A Rainbow of Mushrooms** – Mushrooms come in a rainbow of colors. Come meet Theresa in the Nature Center to see photos and maybe even get creative and draw your own.
- 1:30pm **Gilbert Gaul Hike** – Meet Theresa at the Youth Camp 2 gate for a hike along the Gilbert Gaul Trail. This lakeside hike is a great place to view mushrooms, butterflies, wildflowers, beaver activity, deer, and much, much more. Bring plenty of water and wear sturdy hiking shoes. Tick repellent is advised for this hike.
- 2:00pm **Ranger Robert's Excellent Canoe Adventure** – Meet Ranger Robert at the Boat Dock for a big adventure as you explore Fall Creek Lake. Canoes are available first-come, first-serve.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.

Tuesday, July 9th

- 10:00am **Wildlife Detective** – Join Henry at the Rec. Hall to play a fun card game and learn about predator/prey relationships.
- 1:15pm **Layer Cake Geology** – Meet Henry at the Rec. Hall to learn about the geology of Tennessee and enjoy a slice of cake!
- 2:00pm **Hike to the Base of Fall Creek Falls** – Meet Ranger Robert at the Main Overlook of Fall Creek Falls for a short but strenuous hike to the bottom of the falls. Along the way, we will discuss our park's forest ecology and geology.
- 3:00pm **Camouflage Critters** – Meet Henry at the Rec. Hall to learn about the different ways that animals disguise themselves and play a fun game.
- 4:30pm **Tree ID Walk** – Meet Henry at the Rec. Hall to go on a short walk around the parking area. Along the way, we will discuss tree identification techniques, as well as their role in nature and with man.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.

Wednesday, July 10th

- 8:30am **Morning Trail Run** – Meet Henry at the Campers' Check-In for a morning trail run to Fall Creek Fall. We will get out on the trails and get some exercise, learn about the history and ecology of Fall Creek Falls, and hopefully see some wildlife. Participants need to be able to jog 2.5 miles over difficult terrain.
- 9:15am **Ping-Pong** – Meet Jon at the Rec. Hall to try your hand at a game of ping-pong.
- 10:30am **DANGER!** – Meet Jon at the Rec. Hall to discover some of the dangers of the wild and how to survive them.
- 11:00am **Knot Tying** – Meet Henry at the Nature Center to learn about knots that are useful in the wilderness as well as to impress your friends.
- 1:15pm **Creek Critters** – Meet Henry at the Nature Center to explore the park's underwater environment. Be sure to wear shoes that you can get wet.
- 1:30pm **Wildlife Jeopardy** – Meet Jon at the Rec. Hall to join in a friendly competition and show off how much you know about our native wildlife and maybe learn some things along the way.
- 3:00pm **Pelts and Skulls** – Meet Jon at the Rec. Hall to see the pelts and skulls of some of our native wildlife.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.

Thursday, July 11th

- 9:00am **Scenic Bike Tour** – Meet Ranger Matt in the parking area at the Dam for a scenic 6½ -mile bike tour to Fall Creek Falls and Piney Falls. This trip will feature spectacular views of Cane Creek Gorge.
- 2:45pm **“Hey There, Boo Boo!”** – Meet Theresa at the Nature Center for some information about the black bear. Although we don’t have a known population of bears here at Fall Creek Falls, occasional sightings in the area do occur.
- 3:00pm **Basics of Wilderness Travel** – Join Henry at the Nature Center to learn how to plan, prepare, and pack for a trip in the wild. We will also go over some travel tips as well as how to navigate with a topographic map and compass.
- 3:45pm **Nature Hangman** – Meet Theresa at the Nature Center for a friendly competition. Learn about ecological relationships and play a game of hangman to test your new knowledge.
- 4:00pm **Cable Trail Hike** – Join Henry at the Nature Center for a short but strenuous hike down the Cable Trail to the bottom of Cane Creek Falls. This is a great opportunity to experience the grandeur of one of our park’s most prominent geological features. Wear sturdy shoes and bring along some water.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.
- 7:30pm **Campfire** – Meet Theresa at the George Hole to learn about fire building, park history, native wildlife, and more! Be sure to bring your roasting sticks and marshmallows. You may want to bring along a flashlight to help you across the bridge.

Friday, July 12th

- 9:30am **The Box Turtle** – Meet Theresa at the Nature Center to learn a little about Tennessee’s state reptile.
- 10:30am **Pelts and Skulls** – Meet Theresa at the Nature Center to see the pelts and skulls of some of our native wildlife.
- 1:30pm **The Big “6” Hike** – Meet Henry at the Nature Center for 6-mile round trip hike to see the 6 most prominent waterfalls at Fall Creek Falls State Park. Bring water and wear sturdy shoes.
- 1:45pm **Snake Show** – Meet Theresa at the Nature Center to get up close and personal with some of the park’s more elusive residents.
- 3:00pm **Web of Life** – Meet Theresa at the Nature Center to play a game of *The Web of Life* and see how the “web” affects some of our native wildlife.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.
- 6:45pm **The Heavens Above!** – Would you like to learn about the night sky, the use of telescopes, star wheels, and binoculars, and why the seasons occur? Join us at the lobby of the Fall Creek Falls Inn for a short trip to the telescope viewing area to learn about all of these things and observe distant galaxies, planets, exploding stars, and beautiful star fields through several large telescopes. Thanks to the members of the “Astronomy in the Parks Society” for providing this program.

Saturday, July 13th

- 9:00am **Rock Hop** – Meet Ranger Matt at the Nature Center for a technical and strenuous off trail hike through Cane Creek Gorge. Along the way, we will see both Fall Creek Falls and Cane Creek Falls. Be prepared to navigate steep slopes, large boulders, and slippery surfaces. Wear sturdy shoes and bring water in your day pack. We do not recommend attempting this trip unguided due to the possibility of getting lost! The minimum age is 12 years, and persons with physical infirmities should not attend. Hiking sticks are not advised; you’ll need both hands! This hike may take 2-4 hours.

- 9:30am **Billiards Tournament** – Meet Henry at the Rec. Hall to participate in a pool tourney.
- 11:00am **Traditional Appalachian Music** – Meet Henry at the Rec. Hall to hear some old time fiddle and banjo tunes and learn about the history of music on the Cumberland Plateau. Bring your own instruments if you can and join in a fun jam session.
- 1:00pm **Solar Viewing** – Meet at the Fall Creek Falls Inn to view Sol, our own life giving star, through a specially designed telescope. Viewing will last until 3:00pm.
- 1:00pm **Hike to the Base of Fall Creek Falls** – Meet Jon at the Main Overlook of Fall Creek Falls for a short but strenuous hike to the bottom of the falls. Along the way, we will discuss our park's forest ecology and geology.
- 1:30pm **Tie-Dye** – Meet Henry at the Rec. Hall to brighten up your wardrobe! Bring your own or buy a t-shirt at the Rec. Hall for \$5 to support the Friends of Fall Creek Falls. You may also want to bring along a plastic bag to transport your decorated wares.
- 2:30pm **Cane Pole Fishing** – Meet Jon at the Boat Dock and get ready to test your old-time fishing skills. Borrow one of our cane poles or bring your own rod. Kids under 14 years old fish for free. Persons 14 years old and older require a state fishing license and a park lake permit. You must provide your own bait. Bait and permits are available at the Boat Dock.
- 3:30pm **Birds of Prey** – Meet Theresa at the Nature Center to learn about our state's raptors.
- 4:00pm **Nature Station** – Stop by the Rec. Hall between 4pm and 5pm to see what Henry has on his table! This is a great opportunity to ask questions about the park and familiarize yourself with some of the things you could encounter during your stay at Fall Creek Falls!
- 4:00pm **Wildlife Slideshow** – Meet Jon at the Nature Center to see a running slideshow of wildlife that can be seen during your visit at Fall Creek Falls.
- 5:00pm **Predator or Prey** – Meet Theresa at the softball field in the Village to play a predator and prey game, and learn about the food chain and how humans can impact it.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.
- 6:45pm **The Heavens Above!** – Would you like to learn about the night sky, the use of telescopes, star wheels, and binoculars, and why the seasons occur? Join us at the lobby of the Fall Creek Falls Inn for a short trip to the telescope viewing area to learn about all of these things and observe distant galaxies, planets, exploding stars, and beautiful star fields through several large telescopes. Thanks to the members of the "Astronomy in the Parks Society" for providing this program.



7:30pm

Cannon Creek



Live Musical Entertainment - Meet at the Amphitheater by the pool for an evening filled with musical entertainment provided by Cannon Creek. Admission is \$3; kids 6 and under are free. In the event of rain, meet at the Rec. Hall.

Sunday, July 14th

- 8:30am **Devotional** – Randy Garrell will be hosting an interdenominational devotional at the Campground A Pavilion.
- 10:00am **Reading Nature's Lines** – Topographic maps can really get your lost if you don't know how to read them. Meet Theresa at the Rec. Hall to learn how to read these maps.
- 1:30pm **Cornhole Tournament** – Meet Theresa at the Rec. Hall to play a fun game of cornhole.

- 3:00pm **Leaf Prints** – Meet Theresa at the Rec. Hall to learn a little about some of our native trees here at Fall Creek Falls and do a leaf rubbing.
- 4:30pm **Use Good Senses** – Meet Theresa at the Rec. Hall and use all your good senses to figure out today's item inanimate object.
- 6:30pm **Softball** – Meet at the lighted field in the Village. Kids (12 years old and younger) play the first hour. Teens and adults (13 years old and older) play at 7:30pm. Please wear adequate footwear.



Cool Nature Fact

Do you know that some spiders can catch fish? We have 4 species of large fishing spiders on the park that are capable of capturing small fish with their front legs. The six spotted fishing spider is one of the largest with a leg span of over three inches as an adult! You may find these on the rocks and trees around our waterways.

Animal behavior is among the many topics discussed in the Fall Creek Falls 2½-day or 5-day Environmental Education Program for school groups. For more information, contact the Nature Center (423) 881-5708.



Tennessee Department of Environment
and Conservation, Authorization
No. 327158, February 2013